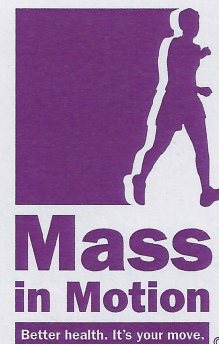




CITY OF NEW BEDFORD

SCOTT W. LANG, MAYOR

## Healthy Dining New Bedford



**Dear Restaurant Owner/Manager,**

Healthy Dining New Bedford, a Mass in Motion initiative, is a voluntary program dedicated to providing simple, healthy nutritious lifestyle options. Our goal is to make the healthy choice the easy choice. Our City celebrates our diverse ethnic community and enjoys a variety of excellent restaurants for all to enjoy. Consumers may be overwhelmed with so many food choices. In order to promote healthier eating among the people who live, work, visit and play in the City of New Bedford, Mass in Motion is launching a voluntary Healthy Dining Program. Any restaurant that offers nutritious meal options and seating in a healthy environment is eligible to participate.

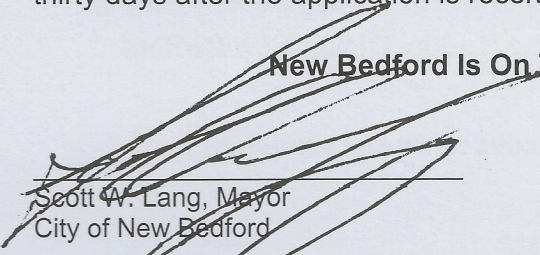
Today, more families are consuming their meals outside the home. To improve the eating habits of individuals and families, restaurants can offer healthy menu options. Serious issues of obesity and related chronic diseases across our nation are at epidemic proportions. More adults and children are at risk for diabetes, heart disease and hypertension than ever before. Cities and towns across the Commonwealth have, or are currently considering, Healthy Dining programs because it's the right thing to do for families, friends, and patrons. You can join this voluntary program, raise public health awareness, support healthier lifestyles, and increase your bottom line.

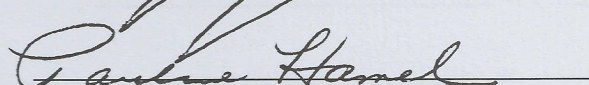
In order to participate and qualify for the Healthy Dining program, restaurants must be in compliance with all New Bedford and State Health Department sanitary codes, and all applicable licensing and permit provisions. In addition, the current menus must offer:

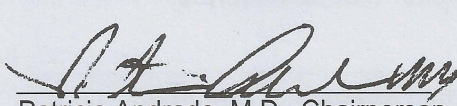
- At least two sides or choices of fruits and/or vegetables (other than potatoes);
- Substitution of salad or other vegetables for fried potatoes (e.g. French fries);
- Clearly designated low-fat and low-calorie menu items;
- 1% low fat milk and/or skim milk as a beverage;
- Some dishes in a smaller portion size;
- The "half meal to-go" option in which a customer eats only half and takes the remaining portion home.

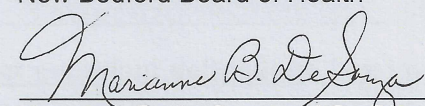
Successful applicants will receive a Healthy Dining New Bedford window decal and recognition for their efforts. Healthy Dining New Bedford seeks to promote better nutrition among all people who live, work, visit and play in the City of New Bedford. If approved, a one year designation will be provided within thirty days after the application is received.

**New Bedford Is On The Move! You Can Make Change Happen!**

  
Scott W. Lang, Mayor  
City of New Bedford

  
Pauline Hamel, Ed.D., P.T., Coordinator  
New Bedford Mass in Motion

  
Patricia Andrade, M.D., Chairperson  
New Bedford Board of Health

  
Marianne B. De Souza, M.S., Director  
New Bedford Health Department